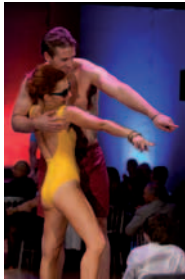


Ostomy Lifestyle 2011 Underwear & Swimwear Show



Our volunteer models showing stoma surgery in a positive light at the show held at the Birmingham Town Hall in November

One of the most common issues we help people overcome, before and after surgery, is that of a changed body image. Stoma surgery can result in abdominal scarring and means wearing a bag, not exactly attractive right? Well, our Underwear & Swimwear show proves otherwise.

This year 14 models from a wide range of backgrounds and experiences stepped in front of the cameras, and the crowds, in a variety of outfits.

Our aim was to raise the profile of ostomy surgery in a positive way, and to help tackle the fear and stigma that many people feel about living with a bag.

Our show provides positive images and personal stories from people whose voices wouldn't normally be heard. Deborah volunteered to model in the show to help people overcome their fears and have surgery before it is too late: "I lost out on three years of my life with ulcerative colitis. If I had known the quality of life that I would have gained by having a stoma I wouldn't have wasted any time"

Hayley-Jade had her colostomy after her bowel perforated during a caesarean section 3 years ago: "I had never even heard of a colostomy before. My body image has definitely changed since having a stoma. In some ways I'm less confident as my tummy area is covered in scars from the operations which I don't like, but in other ways I'm more confident, I now have a greater appreciation for bits of my body that I never used to like. My partner says that he doesn't even notice the bag anymore and I'm happy to go on the beach wearing a bikini now, which I wouldn't have done before!"

Our models are living proof that beauty comes in many forms and a positive attitude is the most beautiful feature of all. Anyone who couldn't attend can watch the show at our website, helping many more people benefit from the positive message; over 20,000 people watched the 2009 film online and at support group meetings all over the world.

You can also watch personal interviews with each of the volunteer models at www.ostomylifestyle.org

2011: A Year of Achievements for Ostomy Lifestyle

As this year draws to an end, we are busy reviewing what we have done to help people affected by stoma surgery try to lead a full and active life and planning how we can help more people, in more ways in 2012. This issue of Ostomy News touches on our achievements and plans for next year.

This year has seen changes within the Ostomy Lifestyle team with Neil Basil stepping down from his role as Chief Executive. This is an ideal opportunity to introduce you to Ostomy Lifestyle Team, please feel to contact any member of the team who may be able to help you.



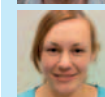
Lynn Love
Chief Executive



Helen Bracey
Helpline Services Manager



Robin Radley
Helpline Stoma Care Nurse



Louise Sugden
Accountant



Emily Kay
Website Administrator

The Ostomy Lifestyle Team wishes you a merry Christmas and happy and healthy 2012.



2012 Ostomy Lifestyle Awards: Nominations Now Open



Nominations are now open for the 2012 Ostomy Lifestyle Awards. Last year's awards saw 18 people, organisations and products nominated and hundreds of you voted for those you felt deserved recognition for their efforts to support people affected by stoma surgery.



Claire Lowther with her Ostomy Lifestyle Award last year

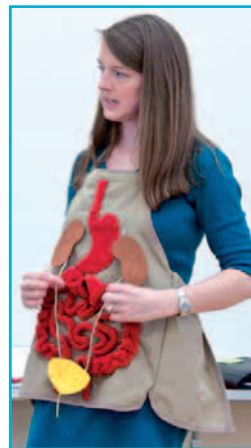
The categories are :

- Volunteer of the year
- Local Support Group of the year
- Nurse of the year
- Industry Professional of the year
- Most Innovative Product

Awards will be decided by public vote in the New Year. To make your nomination please go to our website or call us on 0118 324 0069 for a nomination form.

Patient Workshops

As part of our Big Lottery funded Helpline project we are running educational workshops for patients all over the country. We have 3 workshops on offer: Understanding Your Stoma (a general overview of the digestive & urinary systems and how and why stomas are made), Healthy Eating (covering what a healthy diet for people with stomas looks like) and Travel (exploring the best ways to get out and enjoy the world after stoma surgery).



Helen Bracey, Ostomy Lifestyle's Helpline Services Manager demonstrating the digestive system using an 'anatomical apron'

The workshops have received excellent feedback from patients, spouses and nurses alike:

"This is the most interesting talk I've been to since I've had my stoma"

"It has certainly filled in some gaps for me, even though I am nurse trained!"

"A very useful talk on many aspects of having a stoma which was particularly useful to me as a partner"

"The workshop was not only very informative but fun too"

If you would us to come and deliver a workshop at your support group meeting or event, please contact us on 0118 324 0069 for more information.



LOTTERY FUNDED

The Nuts & Bolts of Running a Support Group

Our popular one day course for people setting up or running a patient support group called 'Nuts & Bolts' has already helped more than 25 support groups, and helped several new groups get started. We are planning courses in Birmingham, Manchester and the West Country in 2012. We are looking for further locations so please get in touch if you would like the course to run in your area. Previous attendees say:

"The whole day was useful, interesting and very worthwhile, thank you!"

"The training was very helpful and challenged us to look at things more objectively."

Helping Those in Need in Pakistan



Cradle for Life Trustee and Stoma Care Nurse Jacqui North (left) with Cradle for Life Trustee and consultant surgeon Mehmood Wain (2nd from right) in clinic in Pakistan

OstomyAid is an Ostomy Lifestyle project that provides people in developing countries affected by stoma surgery with the physical resources to support and improve their long term well-being. Also the project aims to minimize the wastage of usable ostomy appliances and accessories in the UK.

Our thanks go to all individuals, stoma care nurses and organisations who have kindly donated ostomy appliances and accessories. Donated items are repacked at the Ostomy Lifestyle office before they start their journey to developing countries. We work in partnership with other charities to ensure the items reach those in need.

OstomyAid's latest partner is 'Cradle for Life International', a charity that provides medical equipment and specialist nurse training in Pakistan.

This training has enabled several hospitals in Pakistan to set up free stoma care clinics for those too poor to afford either the care or the equipment.

"These nurses are some of the most dedicated and enthusiastic people I have ever worked with, they have an amazing thirst for knowledge that I find admirable" said Cradle for Life Trustee and Stoma Care Nurse Jacqui North "The input we have provided has enabled them to commence their own training and attend recognised courses and encourage their further development."

The first hospitals to benefit have been the Sheik Zayed Hospital and the Shukat Khanum Memorial Cancer Hospital. Patients travel many, many miles to attend these clinics where they are fully assessed and provided with appropriate equipment.

Help Save our Environment and Raise Money by Recycling!

To recycle your items for free and raise funds for Ostomy Lifestyle please just place old mobile phones, inkjet cartridges and laser/toner cartridges in the enclosed Recycle4Charity envelope



We are currently raising funds by recycling old mobile phones, inkjet cartridges and laser/toner cartridges and your help would be greatly appreciated.

Ostomy Lifestyle will receive 50% of the recycling value for any mobile phones, £1 for each original empty inkjet cartridge or up to £5 per empty laser/toner cartridge donated kindly by you, friends, family or colleagues.

If you think this is a good idea and want to help promote our recycling campaign further why not request more recycling envelopes and give them to your friends, family and colleagues. Recycling envelopes can be requested by phoning the Ostomy Lifestyle office on 0118 324 0069 or by email to lynn.love@ostomylifestyle.org.

Thanks for taking the time to help us and the environment. Your support is appreciated.

CUT HERE

Please accept my MONTHLY/QUARTERLY/ANNUAL* donation (*delete as appropriate)

£10 £20 £50

Or my own choice £

Please complete the Standing Order Mandate.

I wish to make a SINGLE donation

£25 £50 £100

Or my own choice £

cheque/postal order made payable to **Ostomy Lifestyle**.

Standing Order Mandate:

To the Manager
(Bank name and address)

Please debit my account number

Sort code

Signed

Date

Please pay CAF Bank,
(Sort Code 40-52-40) for the credit of **Ostomy Lifestyle**.
Account Number 00017083.

Please ensure you have also completed the contact details.
Alternatively you can donate or set up a standing order online.

I am a UK taxpayer and I would like the tax to be reclaimed on any eligible donations that I have ever made or will make to Ostomy Lifestyle until further notice.

Gift Aid Declaration

By ticking the Gift Aid box we can reclaim tax you have paid on your donation, meaning we can increase the value of every £1 you give to £1.28 at NO cost to you. To qualify for Gift Aid, what you pay in UK income tax and/or capital gains tax must at least equal the amount we will claim in the tax year.

Please ensure you have provided your name and address if you wish Ostomy Lifestyle to claim Gift Aid on your donation

Ostomy News is the free quarterly publication from Ostomy Lifestyle, bringing you news, information and events updates for anyone affected by stoma surgery.

To order your own personal copy please tick the box below and return this slip to the address overleaf completing the contact details section.

Please send me Ostomy News

- Ostomy Lifestyle is the UK charity providing support to anyone affected by stoma surgery in any way.
- We provide a helpline, regional events, and training services for nurses, companies and support groups.
- Please support this work by making a donation using the form overleaf.

My contact details

Name _____
 Address _____

 Postcode _____
 Daytime telephone _____
 Email _____

CUT HERE

Upcoming events

Wed 21st December 2011 – The Lanhydrock Ostomists Group meeting (Bodmin, Cornwall). Contact Chris on 01208 831471.

Tues 1st January 2012 – Glasgow stoma support group meeting (Glasgow). Contact Maureen on 01236 436479.

Thurs 5th January 2012 – Inside Out Support group coffee morning with Ostomart (Harrow). Contact the group on 0208 4284242.

Sat 7th January 2012 – North East Essex Stoma Support group meeting (Harwich, Essex). Contact Brian on 01206 540449.

Sat 14th January 2012 – Diverted Stoma Support Group meeting (Newhall, Derbyshire). Contact Sarah on 07773 396236.

Sat 14th January 2012 – STEPS stoma support group meeting (Stanford-Le-Hope, Essex). Contact Jackie on 01268 451937.

Thurs 19th January 2012 - Kidderminster Colossus support group theatre trip (Wolverhampton). Contact Brendon Drew on 01299 400843.

Fri 20th January 2012 – Inside Out Support group coffee morning with Coloplast (Harrow). Contact the group on 0208 4284242.

Sat 21st January 2012 – The C.I.U stoma group at the QMC Nottingham meeting (Nottinghamshire). Contact Boyd on 0115 9827868.

Sat 21st January 2012 – Stevenage Ostomistics group meeting (Stevenage). Contact Alfred on 01767 316958.

Sat 21st January 2012 – Wessex Urology support group general meeting (Whiteley, Hampshire). Contact David or Mary on 02392 361048.

Mon 30th January 2012 – Inside Out Support group coffee morning with Fittleworth (Harrow). Contact the group on 0208 4284242.

Tues 31st January 2012 - STEPS stoma support group meeting (Wickford, Essex). Contact Jackie on 01268 451937.

Sat 4th February 2012 – Wessex Stoma Support Group meeting and Quiz (Chelmsford, Essex). Contact Paul Foulger on 01245 224374.

Tues 7th February 2012 – Glasgow stoma support group meeting (Glasgow). Contact Maureen on 01236 436479.

Sat 11th February 2012 – Diverted Stoma Support Group meeting (Newhall, Derbyshire). Contact Sarah on 07773 396236.

Sat 11th February 2012 – STEPS stoma support group meeting (Stanford-Le-Hope, Essex). Contact Jackie on 01268 451937.

Sat 11th February 2012 – Wessex Stoma Support group full meeting (Wilton, Wiltshire). Contact Michael on 01722 741233.

Thurs 16th February 2012 - Kidderminster Colossus support group theatre trip (Wolverhampton). Contact Brendon Drew on 01299 400843.

Sat 25th February 2012 – Stevenage Ostomistics group meeting (Stevenage). Contact Alfred on 01767 316958.

Tues 28th February 2012 - STEPS stoma support group meeting (Wickford, Essex). Contact Jackie on 01268 451937.

Tues 6th March 2012 – Glasgow stoma support group meeting (Glasgow). Contact Maureen on 01236 436479.

Sat 10th March 2012 – Diverted Stoma Support Group meeting (Newhall, Derbyshire). Contact Sarah on 07773 396236.

Pleased to be supported by:



Ostomy Lifestyle 4 The Courtyard, Eastern Road, Bracknell, Berkshire, RG12 2XB.

Telephone 0118 324 0069 email admin@ostomylifestyle.org

Ostomy Lifestyle is a charity registered in England No. 1123797. A company limited by guarantee in England 6412892 (England)

Helpline 0800 731 4264

www.ostomylifestyle.org